

GET FOOD HELP:

Federal Nutrition Programs and Emergency Food Referral Chart For LGBTQ Individuals & Families



QUICK LINKS

PROGRAMS FOR ALL AGES

PROGRAMS FOR CHILDREN, YOUTH, INFANTS, AND EXPECTANT AND POSTPARTUM PARENTS

PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR ALL AGES

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|---|---|--|---|
|  <p>Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)</p> <p>Program may be called something else in your state (such as CalFresh in California, 3SquaresVT in Vermont, or Food Assistance Program in Florida) or called EBT.</p> | <ul style="list-style-type: none"> ▶ Participants receive monthly benefits (loaded on an EBT card that's like a debit card) to buy food at grocery stores, farmers' markets, and other food retail outlets across the country that accept SNAP. SNAP participants have the choice of what food items to buy with SNAP, meaning they can buy the foods that are right for them. ▶ In some states, SNAP benefits can be used to purchase groceries online (this is not widely available but is becoming more common). ▶ Special SNAP rules apply when there is a natural disaster. ▶ SNAP benefits are available to anyone who meets the eligibility criteria. There are no caps on the number of people who can participate (different rules apply in Puerto Rico). ▶ SNAP participation can also help people more easily access other supports such as programs to help with home utility costs or free school meals, and Headstart for children in the household. | <ul style="list-style-type: none"> ▶ For people/households with low incomes (program rules vary, please check your state's SNAP eligibility information). ▶ For SNAP, a household is individuals who live together and purchase and prepare food together. Members of a SNAP household do not need to be legally related. ▶ Certain people may be subject to additional eligibility or other SNAP rules (college students, eligible non-citizens, some unemployed adults without dependents). ▶ There are special rules to ease access for eligible older adults and people with disabilities. ▶ People experiencing homelessness (e.g., living in non-permanent housing, living outdoors, or in a shelter) can be eligible. ▶ Veterans/military families can be eligible. | <p>NATIONAL RESOURCES:</p> <ul style="list-style-type: none"> ▶ Call the SNAP information line at 1-800-221-5689 on how to apply in your state. ▶ Check this SNAP prescreening tool to see if you might be eligible. ▶ Many states allow you to apply for SNAP online. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  <p>Emergency Food</p> <p>(e.g., food banks, food pantries/ food shelves, and soup kitchens)</p> | <ul style="list-style-type: none"> ▶ Food distributed (e.g., grocery bags or boxes) via food bank partners, including pantries, LGBTQ centers, senior centers, and faith-based groups. ▶ Hours and days of operation vary so contact your local pantry before going. ▶ Types of foods offered varies. ▶ Many food banks use The Emergency Food Assistance Program (TEFAP), a means-tested federal program that provides food commodities at no cost to individuals and families in need of short-term hunger relief. | <ul style="list-style-type: none"> ▶ For people/households with low incomes, but requirements vary depending on the site. ▶ Some sites require referrals. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Check out Feeding America for information on food banks and emergency food sites. ▶ Eldercare.acl.gov <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

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PROGRAMS FOR ALL AGES

PROGRAMS FOR CHILDREN, YOUTH, INFANTS, AND EXPECTANT AND POSTPARTUM PARENTS

PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR ALL AGES (CONTINUED)

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|---|---|---|--|
|  <p>Food Distribution Program on Indian Reservations (FDPIR)</p> | <ul style="list-style-type: none"> ▶ Provides a monthly package of foods to participants. ▶ Administered by more than 270 Tribal governments that store and distribute USDA foods, determine applicant eligibility, and provide nutrition education to participants. | <ul style="list-style-type: none"> ▶ For households with low incomes living on Indian reservations and Native American households residing in designated areas near reservations or in Oklahoma. ▶ Participation caps apply. ▶ Households cannot participate in FDPIR and SNAP at the same time. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ See USDA's website for more information. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Ryan White Food and Nutrition Services (FNS) Category</p> | <ul style="list-style-type: none"> ▶ Provides medically tailored food and nutrition services (FNS), such as home-delivered meals, congregate meals, grocery bags, food pantries, and vouchers that complement and are necessary to the fulfillment of medical nutritional therapy (MTN). | <ul style="list-style-type: none"> ▶ For people with HIV. ▶ Participation caps apply. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact the Food is Medicine Coalition at fimc@glwd.org for information on participating organizations. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Medicaid, Medicare, PACE, and other Affordable Care Act (ACA) Innovations</p> <p><small>(sometimes called medically tailored meals)</small></p> | <ul style="list-style-type: none"> ▶ In most cases, these benefits cover home-delivered meals for adults meeting a certain illness criteria, often through the intermediary of a managed care plan. ▶ Meal plans are tailored to the medical needs of the participant to improve health. ▶ In certain instances, medically tailored food and nutrition services may be an insurance benefit or a reimbursable service for people with severe and/or chronic illness. | <ul style="list-style-type: none"> ▶ For people with severe and/or chronic illness referred by a medical professional or healthcare plan. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact the Food is Medicine Coalition at fimc@glwd.org for information on participating organizations. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |

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PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR CHILDREN, YOUTH, INFANTS, AND EXPECTANT AND POSTPARTUM PARENTS

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|---|---|---|---|
|  <p>School Breakfast and Lunch Programs</p> | <ul style="list-style-type: none"> ▶ Free, reduced-priced, or paid school meals (breakfast and lunch) in participating schools. ▶ Meals meet federal nutrition standards, which require schools to serve more whole grains, fruits, and vegetables. ▶ Some schools (those that participate in the community eligibility program) provide free meals to all students without collecting school meal applications. | <ul style="list-style-type: none"> ▶ For children and youth at participating schools. ▶ Children and youth of families at low or moderate income levels can qualify for free or reduced-price meals. ▶ Children in households participating in SNAP, Temporary Assistance for Needy Families, and FDPIR, as well as foster youth, migrant, homeless, or runaway youth, and Head Start participants are automatically eligible and can be certified without submitting a school meal application. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your local school districts to see about availability of free breakfast and lunch and the application process, if any. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> |
|  <p>Afterschool Nutrition Programs</p> | <ul style="list-style-type: none"> ▶ A free, healthy snack and/or meal meeting federal nutrition standards in structured or unstructured educational or enrichment programs running afterschool, on weekends, or during school holidays. | <ul style="list-style-type: none"> ▶ For children and youth 18 and under who are enrolled in programs at participating community sites, including schools, park and recreation centers, libraries, faith-based organizations, or community centers. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your local school districts to check participation in afterschool meals or knowledge of local participating organizations. ▶ Contact your state Department of Education for participating sites. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> |
|  <p>Summer Nutrition Programs</p> | <ul style="list-style-type: none"> ▶ Up to two free meals at school or community sites during summer vacation. ▶ Meals meet approved federal nutrition standards. | <ul style="list-style-type: none"> ▶ Children 18 and under can access meals at participating community sites, including schools, parks and recreation centers, libraries, faith-based organizations, or community centers. ▶ There is no need to show identification. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your local school districts to check participation in summer meals or knowledge of local participating organizations. ▶ Contact your state Department of Education for participating sites. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> |

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PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR CHILDREN, YOUTH, INFANTS, AND EXPECTANT AND POSTPARTUM PARENTS (CONTINUED)

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|---|---|--|--|
|  <p>Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)</p> | <ul style="list-style-type: none"> ▶ Provides nutritionally tailored monthly food packages that families redeem in grocery and food stores that accept WIC. ▶ WIC also provides breastfeeding/chestfeeding support, nutrition services, screening, immunization, and health referrals. ▶ WIC recently increased the amounts of fruits and vegetables provided in the food package. | <ul style="list-style-type: none"> ▶ For people who are deemed nutritionally at risk by a health care professional, are income-eligible (income at or below 185% of the federal poverty level), and are: <ul style="list-style-type: none"> » pregnant; » breastfeeding/chestfeeding up to one year after delivery; » postpartum up to six months after delivery (including recent pregnancy loss); or » an infant or child from birth to 5 years old. ▶ Families on Medicaid and SNAP are automatically income-eligible. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your state's WIC agency for information on local WIC service sites. ▶ Check this WIC prescreening tool to see if you might be eligible. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Child and Adult Care Food Program (CACFP)—Child Care</p> | <ul style="list-style-type: none"> ▶ Provides up to two free meals and a snack to infants and young children in child care centers and homes, Head Start, and Early Head Start. ▶ Updated nutrition standards provide healthy meals. | <ul style="list-style-type: none"> ▶ Typically for children attending eligible child care centers and homes, Head Start, and Early Head Start. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your State agency for participating child care centers and homes. ▶ Contact your child care provider to see if they are participating in CACFP. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Child and Adult Care Food Program (CACFP)—Emergency Shelters</p> | <ul style="list-style-type: none"> ▶ Provides residential and food services to children 18 and under experiencing homelessness who are at emergency shelters. | <ul style="list-style-type: none"> ▶ For children 18 and under experiencing homelessness at emergency shelter. There are no application forms for families to fill out. All reimbursable meals are served in group settings, at no cost to the child or to the child's family. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your state CACFP agency for information. ▶ USDA information on CACFP for shelters. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |

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PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR OLDER ADULTS (AGE 60+) ELDERCARE LOCATOR

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|--|--|--|--|
|  <p>Commodity Supplemental Food Program (CSFP) Program may be called something else in your state.</p> | <ul style="list-style-type: none"> ▶ Provides a monthly food box with items like canned fruit and vegetables, cheese, shelf stable milk, cereals, potatoes, grains, peanut butter, and dried beans. ▶ Administered by a State agency in conjunction with local food banks, nutrition programs, and community action organizations. | <ul style="list-style-type: none"> ▶ For adults ages 60 and older with low incomes (at or below 130% federal poverty level). ▶ Participation caps apply, and the program is limited to designated service areas in states that participate. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ USDA information on CSFP. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Senior Farmers' Market Nutrition Program (SFMNP)</p> | <ul style="list-style-type: none"> ▶ Annual vouchers (worth a total of \$20–\$50) to use for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at participating farmers' markets, roadside stands, and community-supported agriculture programs. | <ul style="list-style-type: none"> ▶ For people age 60 and older with low incomes (at or below 185% of the federal poverty level), but states have the option to tie eligibility to participation in other programs like SNAP or CSFP. ▶ Participation caps apply, and not all states participate. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ USDA information on participating states. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |
|  <p>Child and Adult Care Food Program (CACFP)—Older Adult Day Centers</p> | <ul style="list-style-type: none"> ▶ Two meals (breakfast, lunch, or supper) and one snack, or two snacks and one meal, to each eligible participant, each day. ▶ Meals are free, at a reduced-price, or paid, depending on the income of the participant. ▶ New and improved nutrition standards. | <ul style="list-style-type: none"> ▶ For people age 60 and older and/or individuals who are functionally impaired at participating non-residential adult day care centers. ▶ Funding available to serve all eligible centers approved by the state. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Contact your State CACFP agency for information. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> |

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PROGRAMS FOR OLDER ADULTS (AGE 60+)

PROGRAMS FOR OLDER ADULTS (AGE 60+) (CONTINUED) ELDERCARE LOCATOR

| PROGRAM NAME | HOW IT WORKS | WHO CAN APPLY | LEARN MORE |
|--|--|---|--|
|  <p>Congregate Meal Program</p> <p>Program may be called something else in your state, such as Meals with Friends.</p> | <ul style="list-style-type: none"> ▶ Provides group meals at participating sites throughout the country such as recreation centers, senior housing, places of worship, and other community spaces. ▶ Meals (typically lunch) served Mondays through Fridays and must provide at least one-third of the recommended dietary allowance. ▶ Meals are free but voluntary contributions are accepted. | <ul style="list-style-type: none"> ▶ For adults age 60 and older (plus spouse, household member with a disability, or caregiver accompanying an older adult to site as well as site volunteers). ▶ Preference is given to those with the greatest economic and social needs, with particular attention to: older individuals with low incomes, minority older adults, older adults with limited English proficiency, older individuals residing in rural areas, and older adults at risk of institutional care. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Check out the Eldercare Locator to locate a participating site. ▶ Meals on Wheels provides a listing of sites. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  <p>Home-Delivered Meals</p> <p>Program may be called something else in your state, such as Meals on Wheels.</p> | <ul style="list-style-type: none"> ▶ Meals are delivered to place of residence (number of meals and frequency vary). ▶ Meals must provide at least one-third of the recommended dietary allowances. ▶ Meals are free but voluntary contributions are accepted. ▶ Note: Meals on Wheels programs throughout the country offer home-delivered meals and may have different criteria for participation; some are funded with Title III, OAA funding, while others rely in whole or in part on non-governmental funding. | <ul style="list-style-type: none"> ▶ For people who are: <ul style="list-style-type: none"> » 60 years of age » frail, homebound, or isolated » spouses of or a person with disabilities who live with a participating older adult ▶ Preference is given to those with the greatest economic and social needs, with particular attention to: older individuals with low incomes, minority older adults, older adults with limited English proficiency, older individuals residing in rural areas, and older adults at risk of institutional care. | <p>RESOURCES:</p> <ul style="list-style-type: none"> ▶ Check out the Eldercare Locator for information on home-delivered meals. ▶ Meals on Wheels provides a listing of sites as well as other home-delivered meal services. <p>LOCAL RESOURCES:</p> <hr/> <hr/> <hr/> <hr/> <hr/> |